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EDITORIAL COMMENT



HINTS TO DELEGATES

WE want to give a word of advice to the nurses who are contemplating taking the journey to San Francisco in May.

The trip across the country, no matter how luxurious the car service may be, is accompanied by many petty discomforts which may be greatly lessened by a little forethought in preparation. The effect of the alkali dust on sensitive skin and mucous membrane is most unpleasant, lips are blistered, eyes irritated, throats and noses often congested as with a cold, and the hands and face very much chapped. Such forms of irritation may be prevented or greatly alleviated by the liberal use of such soothing lotions as one would use at home, and those who are specially sensitive to annoyances of this kind need to provide themselves with their usual remedies. Much annoyance can be avoided by carrying a soap to which the skin is accustomed. It is usually possible to get all the towels one needs.

A travelling dress that sheds the dust easily, with a waist of dark material, is much better than white shirt waists and an elaborate skirt. Wash waists mean that one must carry too much hand luggage, and it will be practically impossible to get laundry work done during the short stay in San Francisco. The climate in May is cool, not hot, in fact San Francisco all the year round has chilly days, requiring a heavy wrap in driving or when exposed to the wind. A sweater and a pair of equestrienne tights in one's travelling outfit will save the necessity of carrying heavy outer garments.

One very practical custom followed by old travellers is to carry worn underclothing which will be thrown away as fast as used.

Another convenience is a roll of several dozen pieces of cheese-

cloth, about twelve inches square, of cheap quality, to be used as face cloths, towels, or napkins, should any of these be lacking, and to be thrown away after use. Wet wash cloths or sponges become a great nuisance on a long journey. A bag for one's hat, either of paper, percale or silk, is almost indispensable. The paper perhaps keeps out the dust best, but those of cloth can be hung from a hook by a draw string. By the careful use of such a bag it is possible to cross the continent without defacing one's headgear.

It is a mark of good breeding in a woman not to be thoughtless in her monopoly of the dressing room to the exclusion of others, and consideration of this kind will add to the comfort of all concerned. Clothing should be so arranged as to be adjusted easily and quickly. Small accessories of the toilet which consume time should be left to those parts of the day when the dressing rooms are not in great demand.

One of the great items of expense in any long journey is the cost of meals in the dining car. Frequently when the train is crowded, one must wait until nearly noon before getting breakfast, and even then may find but a limited supply left from which to order. A carefully planned lunch basket will not only save expense, but will add greatly to the comfort of the journey. Lunch can be prepared according to the time out, each package numbered first, second, or third day. In the tourist cars, boiling water is provided for making tea, cocoa, coffee, etc. Those who prefer to depend on the dining car for all of their meals, should at least take some staples, like crackers or sweet chocolate, in case of emergency or delay.

With a party, such as is proposed in going to San Francisco, the lunch feature can be made a very enjoyable part of the journey, and its preparation, etc., will help to break the monotony of the long day's ride. Several friends starting off together could arrange a combination, one taking a roasted chicken, another fruit, etc. Bread and milk can usually be bought at the wayside stations, but fruit we have found scarce, coffee atrociously bad, and everything very expensive. It is well to so arrange the lunch hour that at the time the train is waiting at a station, one may spend the time in exercise on the platform. A little fresh air and exercise each day helps one to enjoy the pleasant features of the journey. It is a good plan to have at least one hot meal a day in the dining car, but breakfast or lunch or tea can be prepared nicely in the car. Shredded wheat biscuit, boiled eggs, evaporated cream, coffee and fruit are one suggestion for a picnic breakfast.

We should like to have travelling and lunch suggestions for the April number of the *JOURNAL*.

We find that on account of the early date of the meeting and the late date of the opening of the Yellowstone Park (June 15), it will be impossible for Miss Sly to arrange for a party as was suggested in an earlier number. The camping parties arranged by the Park authorities are delightful and can be chosen by those groups of nurses returning later from the west, the most direct route to the Park being the Northern Pacific, entering it at Livingston.

NURSES' CLUB HOUSES AND CENTRAL DIRECTORIES

THE advantage of a club house in every nursing community has been demonstrated to us during the past months by the gatherings that have been held at the Bellevue Nurses' Club in New York.

For instance, during January, the New York County Association held a meeting there in the evening, when Miss Nutting was the guest of honor, speaking in the interest of the course at Teachers' College, and Miss Palmer was given the privilege of reviewing something of the early history of the JOURNAL, especially for the enlightenment of the younger members. The directors and stockholders of the JOURNAL held their meeting there the following week, also the executive committee of the New York State Nurses' Association. Each of these organizations paid the club for the use of the rooms and had the advantage of the intelligent care of mail and such telephone service as was necessary. The Bellevue Club has only a few rooms to rent to members. The advantages to the nurses of the city of New York would be great if there could be developed a club for all of the affiliated alumnae associations with rooms for permanent and transient guests, on a purely business basis. There would seem to be an opportunity here for broadening out on such lines.

The question of a central directory is one which is still being agitated in a number of cities and which is defeated only by the timidity, so it seems, of groups of nurses who are afraid to venture into new fields of growth. With medical library associations and individual men and women conducting directories, boarding houses and club houses for nurses as purely commercial enterprises, there would seem to be no financial risk involved where several hundred women would unite for the establishment of a good central directory.

As an illustration of a lost opportunity, we have before us a circular issued by the William Pierson Medical Library Association of Orange, New Jersey. This association has decided to establish a registry to be known as the Central Registry for Nurses of the William

Pierson Library Association. Both trained nurses and practical nurses are to be allowed to register, the fee for the former to be ten dollars, for the latter, five dollars. It is to be in charge of some suitable person at a salary of six hundred dollars. The alumnae association of the Orange Memorial Training School is to be asked to name a committee to confer with the medical committee to devise ways and means. Any surplus funds derived from such a registry are to be employed as a fund to care for the members in sickness, the amount to be paid to be determined by a joint committee of the Library Association and the registered nurses. This joint committee is to form working rules under which the registry will be run. Nurses are to be free to accept calls either from patients or doctors, and they may specify the class of work they may choose to follow.

On general principles, we have nothing to criticise in the conditions named in the circular, they seem to be fair and just, but what need of a medical committee in the running of a nurses' directory? We understand that there has been agitation among the nurses of Orange for some time in regard to the establishment of a central directory, that the demand for such was pressing, and that upon the failure of the nurses to act, the medical library association has stepped in and assumed control of the situation. We hear that a well known nurse in Orange has been asked to act as registrar.

The clinging to school lines is the most serious drawback to nursing development at the present time and seems, so far as we can judge, to be present only in our profession. We need a stronger spirit of coöperation in work for the cause of nursing education in all of its various branches, less distrust of one another's motives, and greater confidence in the ability of nurses to take care of the business affairs of the profession.

SIDE LIGHTS ON THE JOURNAL

THE comments on the *JOURNAL* which reach the editors are often most illuminating, and one sets off another in a way that needs no comment. Here are a few.

A trained nurse when asked whether she took the *JOURNAL* replied: "No, I do not, it is too intellectual, way above our heads."

A young woman, not trained, acting as companion to an invalid writes: "I do enjoy the *JOURNALS* very much, and find each time something that helps me. I intended when I subscribed to pass them on, but I am hoarding them instead as 'tools of trade!'"

Still another grumbler when asked in what way the JOURNAL was unsatisfactory to her needs said: "Well I don't care for state registration, nursing education, and all that stuff, what I want is to have the JOURNAL remind me each month of the things I learned in Clara Weeks and have forgotten."

A nurse who has been for many years in the mission field in India, recently at home for her vacation, when asked whether she ever saw the JOURNAL in India exclaimed: "Why I couldn't live in India without the JOURNAL, it is one of the connecting links between my profession and home."

One reader says: "What in the world do you want all that foreign stuff for?" Another equally intelligent subscriber says: "The JOURNAL is worth its subscription price to me because of the foreign department alone."

A woman prominent socially and not at all connected with nursing or nurses said recently: "I read every word in the JOURNAL OF NURSING, even to the notices of the nurses who are married and have babies, it is the most interesting thing that comes into my house."

One reader says: "I often do not have time to read more than the editorials, but I am sure in those to get a summing up of important events of the month." Another says: "Why not cut out all of the editorial department and devote the space to strictly nursing subjects?"

A woman who has been active in progressive educational work for many years, remarked recently: "When I consider how the whole group of women who have carried the JOURNAL forward from the beginning, were without literary or business training of any kind, its growth and development from month to month are to me marvellous."

It is always helpful to receive such criticisms, favorable or unfavorable, as they aid us in maintaining a better equipoise of interest.

THE MARYLAND STATE MEETING

THE marked feature of the Maryland State Meetings which occurred on the 30th and 31st of January, and at which the editor was one of the guests, was the high order of professional and literary excellence of the papers and addresses given, three of which we print in this number of the JOURNAL.

In Baltimore, the standard for admission to the training schools and the education they give has always been so in advance that one is conscious of the high professional standards which are the natural

results of the influences of the dominating educational institutions of the city.

In her address on Social Purity given by Dr. Edith H. Hooker, the political control of courts of justice was shown in a perfectly comprehensive and dispassionate manner, and a strong plea for the ballot for woman was made. We are promised an abstract of Dr. Barker's address on "The Cultivation of a Healthy Mind" which was full of valuable suggestions to workers in the nursing field.

The president, Miss Packard, in her opening address, made the assertion that our state associations should become in a measure schools for post-graduate instruction, and certainly the program of this meeting might well be put under such a heading. The Maryland nurses have set a splendid example of professional advancement along these lines.

We visited the new buildings of the nurses' home of the Johns Hopkins Hospital and were very greatly interested in the practical simplicity of the plan and equipment. Wings have been thrown out on either side of the original building, adding more than one hundred rooms, which are of a size just too small to make it possible to have them occupied by two persons, and yet giving ample space and closet room for one occupant to be perfectly comfortable. Each room was supplied with a drop light on a study table. Each corridor had at the end a small table and a few chairs where the nurses may make tea and have little lunches together, but it is one of the hard and fast rules of the home that no nurse shall enter the apartment of another during her absence. It is hard to put it gently, but it is known that in nearly all nurses' homes, or buildings where students of any kind are housed, there is more or less pilfering, not to say stealing. Since this rule has been enforced at Johns Hopkins, this evil has practically disappeared.

Some features of the equipment of the kitchen of this new home are of great interest. One was a dish-washing apparatus which Miss Ross very strongly commended. Another was the arrangement of shelves. All the old wooden shelving had been torn out and replaced by shelves made of a framework of iron pipe covered by strong wire netting of a coarse mesh. With wire shelves, open plumbing and closets, and eternal vigilance, it is becoming possible to control the water bugs which are a problem in every institution kitchen.

The delightful apartments which have been added for the occupancy of the superintendent of the training school are another evidence of the growing recognition on the part of hospital managers of the need of providing privacy and restful and congenial surroundings for this most important officer. We have in mind in marked contrast

superintendents living for years in rooms artificially lighted, with outer air only from a shaft or back alley.

THE READING OF MINUTES

THE Federation Bulletin of February contains the following from the federation president, Mrs. Sarah S. Platt Decker, under the heading "From the President's Mail."

Letters and verbal inquiries ask this question: "Should the minutes of a State meeting be read and approved at the opening session of the following year?" That is, shall the minutes of 1907 be read to the convention of 1908? Two reasons forbid this,—the first, that the assembly of 1908 cannot legally pass upon the actions of the assembly of 1907, not being the same body. The The Club or federation of whose acts the minutes are a record must hear and approve them. The second reason has no legal point but is worthy of consideration. It is never a brilliant or stimulating opening of a convention, especially for new members and guests, to have the record of three days' meetings one of the features, because, though minutes are necessary, we shall all admit that they are not thrilling or even entertaining. Let the minutes be read daily during the convention when all present are interested and have knowledge to correct and approve.

FULL SET OF JOURNALS FOR SALE

ONE of our regular subscribers desires to sell a full set of the JOURNAL, the first four years of which are handsomely bound. The copies are in perfect condition, and this is a rare opportunity for a training school or club library to secure the back numbers. In these JOURNALS is contained the only complete record of the registration movement from its inception, in this country, and the progress of nursing education the world over during the past seven years, a period of agitation and development which marks an era in nursing affairs. These JOURNALS are becoming more valuable each year and more difficult to secure. Any one desiring to buy this set may apply to the editor-in-chief at the Rochester office.

LACK OF CARE IN TEACHING OF DETAIL

WE are inclined to think there is not enough close attention being given, in some of the small schools especially, to the practical everyday nursing detail, such as should become second nature to a nurse

before leaving the hospital. The simple application of a bandage seems to be becoming a lost art. In the every-day process of scrubbing up, either for an operation or for an obstetrical case, is there any excuse for a graduate of a registered school not scrubbing between her fingers, as well as over the back and inside? Is it the fault of the home or of the hospital that in removing a sheet, spread, etc., from a bed there is no attention paid to refolding in the original creases? What sort of training has a pupil had who divides a $1/50$ tablet in order to give a dose of $1/25$ or who gives two $1/25$ tablets for a $1/50$? This is a common error. Such women are unsafe and should not be permitted to ever administer medicine.

The strongest argument for higher educational standards for admission to our training schools is found in just such instances as these, a lack of knowledge of simple fractions, as shown in the inability to estimate quantities in the preparation of solutions and in the administration of doses.

THE RED CROSS

At the last meeting of the New York committee on enrollment of nurses there was an unusually large number to pass upon. Those accepted were: Miss Jane M. Pindell, Miss Emma Duensing, Miss Martha C. Cretcher, Miss Helen E. Schug, all of New York; Miss M. Eugenie Hibbard, Troy; Miss Anna R. Turner, Ancon, Canal Zone. Other applications are pending.

The committee accepted the resignation of Miss Laura D. Gill, as chairman, Miss Gill having taken up work in Washington, D. C. Miss M. Adelaide Nutting has been asked to fill this vacancy. It is hoped that Miss Nutting's interest in nursing affairs will go far toward enlisting a larger enrollment of nurses, not only throughout the state, but the country at large.

It has been proposed that the New York branch of the Red Cross shall undertake the establishment of day camps for tuberculosis patients, coöperating always with any tuberculosis committee in the city or town in which it is proposed to establish such a camp. These camps will have to have nursing staffs and will give the Red Cross active service in time of peace. Plans for the establishment of such camps are under way at Albany, Schenectady, Syracuse, Rochester, and Buffalo.

We wish it to be clearly understood that the New York City branch of the American National Red Cross has no connection whatever with the Red Cross Hospital of that city.

THE RETROGRADE MOVEMENT

NOTWITHSTANDING the vigorous appeal in support of the three years' course submitted to Commissioner Hibbard by the New York City Visiting Committee, a copy of which was published in our last number, he has decided to return to the two years' course.

We make this announcement with regret as, in our judgment, it places the schools under the control of the Commissioner in the second rank. We suspend comment until a later issue.

